

BRIDGES

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Juicing counts mega nutrition and instant energy as benefits P. 26

WEDNESDAY, FEBRUARY 26, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

THE VOICE OF YOUTH

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TO OPEN THEIR HEARTS
AND SHARE THEIR THOUGHTS P. 8



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BRIDGES PHOTOS
BY MICHELLE E. BERG



Nuts About Nature

Hi, kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Notepad and take a trail—nature awaits!

Guess what, kids? You can send your questions to me at the address below

Dear Chia,

What does the law say? Andrew

Dear Andrew:

do not understand) why so many human yaks are interested in this question right now. The children here for the grade 5 programs make all kinds of strange sounds after they ask this question on the first online my teddy. All their leader has to do is mention the word fox and they all start speaking at once. Well, I will try not to be offended that they aren't as interested in what I say. The behavior are the quiet types, so I will tell you about the fox. Worldwide there are about 12 species of fox, the most common being the Red Fox. Fox are more closely related to other canid dog species than, well, and their small size, might explain some of the interesting sound they have. A high pitched yapping sound, a low pitched growl, a low pitched howling, a low pitched "a" sound, a high pitched howl and a call we name gallop. Galloping is a guttural chattering used during frolic and playfulness. This is what the fox says.

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ON THE COVER PG. 8



White Lies' frontman White Lies' frontman introduces spoken word poetry to youth in need of a creative outlet and a place to share their work. **88-8888-8888** IN WOODVILLE 8888

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Artist Stephanie McKay (left) and artist Rebecca (right) about her most recent work at the Standerwick Community Centre art studio. **8888-8888** IN WOODVILLE 8888

BRIDGES COVER PHOTO BY MICHELLE BERG

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FASHION

Do you get geared up to go to the gym?
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SASKATCHEWAN STYLE

Krista Rohatyn: Dress-up look inspired by classics

By Ashley Martin

When Krista Rohatyn is serving as clubbooker or hosting trivia at O'Hanlon's she's in jeans and a T-shirt. So when she gets a chance to dress up she goes all out.

"It's nice to get pretty and be a girl every once in a while," says Rohatyn.

When she gets dolled up, Rohatyn goes for classic looks inspired by Marilyn Monroe and Bette Page.

"I don't like anything that's too revealing but I like to show a little bit of skin," she says. "There's a balance to be had."

Rohatyn's interest in fashion goes back to high school, when she was captivated by runway shows. In her second year of university she planned a European trip around fashion weeks. She didn't get to attend any shows, but "it was just cool being around that atmosphere."

Over the years her style has changed, adding things she liked as a teenager to be suitable for adulthood, but some things never changed.

"I really love the classics so that's kind of what I've stuck with."

Casualty prized most of the time, Rohatyn stores fashion magazines in her outfit.

"I always wear jewelry. I like to be unique in what ever I'm wearing, even if it's just a T-shirt and jeans."

"As a bagger girl, you appreciate accessories: shoes, purses, because you can always fit into them."



HAIR: By styled Amber Amy-shorn. "My hair's very I'm not always going to do the rockabilly style or the pin-up style, but it's definitely the style for dress up that I prefer."

As for her colour: "I like really unnatural colours for myself. I said, 'Make it as white as you can. I want almost an old lady look to it.'"

EARRINGS: Cathedral Village Arts Festival. "My favourite place is the arts festival, the folk fest, to shop for jewelry."

DRESS: The Bette Page store in Las Vegas. "The nice thing about pin up girl style is for girls with curves. It really works for you."

SHOES: Collected over the years — souvenirs from Mexico, some were her mom's as a teenager, others came from friends. "I almost always have a fascinator on."

THIGHTS: "Stockings always are a necessary accessory, whether it be fishnets or back to top or anything like that. Just gives you a little bit more individuality."

SHOES: "They're an Italian leather shoe that were on ridiculous sale because (the store was) closing out at the time."



Krista Rohatyn at O'Hanlon's in Regina

BRIDGES PHOTOS
BY DON HILLY





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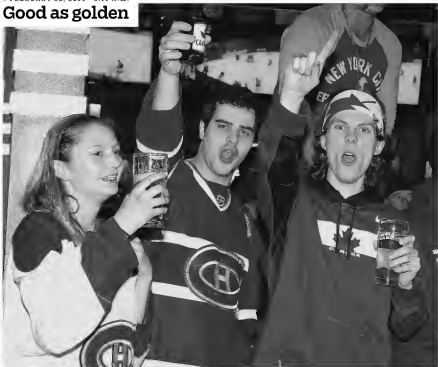
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IN THE CITY

FEBRUARY 23, 2014 - 8:19 A.M.

Good as golden



Bryanna Casper, Stefan Dunlop and Brandon Lang celebrate Team Canada's gold medal win during the 2014 Olympic hockey game against Sweden tonight and early at Sports on Tap, January 23, 2014. Photos by MICHAEL EDWARDS

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

A space to spark creative fires

By Sean Trembath

The art studio at the Skenebooke Community Centre in Saskatoon is a happy place.

Every day residents from the long-term care facility fill the space painting and drawing whatever their creative sides desire.

Avery Cochlin facilitates the sessions in Skenebooke's artful residence. Being there is her job, but that doesn't mean it's a chore.

"It's the best job I've ever had. It's just fun. You get to create and see other people create. That's pretty cool," she says.

Residents can come as often as they want. This leads to a rotating cast of artists, and many different styles.

Cochlin points out some of the many paintings adorning the studio's walls, spending with pride about the accomplishments of the artists.

"We have registers, but sometimes I'll call someone new in and they'll just check you with what they can make," Cochlin says.

Kelly MacDougall sits before a large canvas with just a few preliminary brush strokes on it. She's working on her most ambitious piece to date: an illustration of four children from Valley of Adventure in Royal Winton novel she first read in the sixth grade.

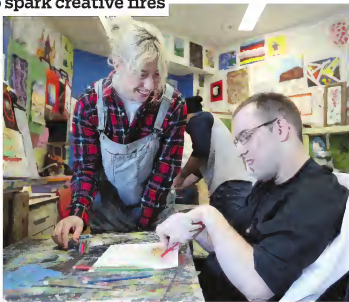
"Basically I live in here. This is my second home," says MacDougall.

It took some convincing initially to get her in the studio.

"When I first started I didn't think I could. I did horrible sketches as 'them.' I started to do things like clouds. Then I graduated to dinosaurs. Then I graduated to dinosaurs. Then I graduated to dinosaurs. Then I graduated to dinosaurs."

She soon discovered a passion for the art form.

"I often see something I haven't been able to find anywhere before



Artist in residence Avery Cochlin is among the work residents at the Skenebooke Community Centre Arts Centre in the art studio. BRIDGES PHOTO BY SEAN TREMBATH

—as a call for my creative ability," says MacDougall.

It's a common sentiment in the studio.

"I always liked to do something creative, but a lot of the things I did I can't do any more. But I discovered I really like this. I'd never

done this kind of art before," says Joanne Phoenix, who is working on a pencil crayon illustration of an owl she found on the Internet.

Cochlin puts each resident's work into a portfolio. Once they're accumulated enough work, they're eligible to be Skenebooke's artist of

the month, and have their work displayed all together in a designated area.

Cochlin is not so much a teacher as an encourager. She helps the residents find their own creative outlets. Since taking over the job from the previous artist in residence, she

has developed meaningful relationships with the people who choose to spend their time in the studio.

"I met them as much as they give me. It's friends I've developed. It doesn't feel like a job," she says. @seantrimbath twitter.com/seantrimbath

ON THE COVER

That first time, it was just a sense of, 'Thank God this exists.' — Isaac Bond

SPOKEN WORD

Helping the next generation find their voice

By Sean Trembath

The crowd at Village Garage and Asap in Saskatoon is sparse but enthusiastic:

Performers approach the mic anxiously with a pad of paper or a smartphone, and launch into poems about identity, self-worth, pop culture or some combination thereof.

The poets are nervous, but no one holds it against them. Most of them are still in high school. What they lack in professionalism, they make up for in hunger. They want to be onstage.

That night is specifically for them, Saskatoon's next generation of spoken word artists. It's organized by a man who has made it his goal to foster the art form in the city, and particularly in the young.

Isaac Bond stands tall at the microphone. He's not performing tonight. Instead, he brings up the younger artists and makes sure the crowd is giving them enough love.

Bond founded Write That Loud (WTL), the organization behind tonight's performance. An offshoot of Toronto's Poetry (TTP), Seattle took its long-standing weekly spoken word night, WOL, and used it as the expansion of the form's influence in the city.

Schools are a natural place for WOL to spread the gospel of spoken word. Feeling like you can't bring loud is part of the teenage experience. Poetry is about formulating your thoughts and letting the crowd know.

It's something Bond wants to help other people experience. Not surprising, given how important it has been to him.

♦ ♦ ♦ ♦

"That first night, the first time, it was just a sense of 'Thank God this exists.' — Bond remembers.

He'd spent time hanging, as a thirteen-year-old, with a hip-hop performer, but



Isaac Bond spends much of his time introducing his love of spoken word poetry to the younger generation. SHOWN PHOTO BY MICHELLE HUNG

never done spoken word. He'd heard about TTP hosted at Pistas and then at Lydia's, the now-defunct Broadway venue that's still a lingering part of the show's identity.

"I heard people talking about it and thought I should go check it out. I can't pinpoint the exact day or year,

but I went, I read a poem, and I was sold," he says.

He admits his early performances needed work. He started out doing what were essentially verses from his hip-hop songs, but without music.

"It didn't work very well. If I could compare it to anything, it would be

kind of like having a sandwich with out the bread. There was just some thing missing."

Even so, he was hooked on the rush of performing and the attention of the audience.

It was mostly just a relief. There wasn't a lot of post-up emotion going

in, but once I did it, and got the vibe of the audience, I was just relieved to have a place to share my work, and to know it would be received the way it was."

He started trying to write specifically for the form, playing off each other's needs.

A lot of my poems are social justice-themed. It's something important to me. I've gone through stereotypes and racism. —

Kiran Shah



Kiran Shah, 37, performs the Write Out Loud Poetic Slam at Village Gate & Arts on January 30. © Scott McPherson/istockphoto.com

"It was a growing process. To give me out what the audience wanted," he says.

As he performed more, he made the inevitable shift from just doing poems to competing in slams. A poetry slam is spoken word made into a game, with audience members giving scores to poets and someone being crowned winner at the end of the night.

Shah was successful in slams, to the point where he was chosen to be on the team representing Saskatoon at the Canadian Festival of Spoken Word in 2012. He was also 2015 representative at the 2015 Canadian Individual Poetry Slam Championship in Vancouver, where he made the final.

Although he liked the competition, he was always aware that turning art into competition carried problems.

"Even though it worked to my

benefit, I felt a bit strange about it. Now that I was a team member and our team did well, it was like I'd arrived. Well, that's kind of goofy. Slams are just a game. There's lots of people that don't make slams teams that are really great artists," Shah says.

These concerns played into the creation of Write Out Loud. In addition to promoting spoken word, the organization gives professional opportunities to poets through workshops in schools and elsewhere. Workshop facilitators are paid for their work, something that's always tough for a poet.

"It's nice that we can play this game, and get some recognition, but it doesn't create any real professional opportunities for artists, and doesn't really bring spoken word into the community into various contexts where it can be valuable.

Continued on Page 10

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With every workshop I do, there's usually a flip once I perform a piece. They just haven't been exposed to that form of poetry. — Bond



Aaron Bond on stage during a *Thought is a Poetry* at the Basement. Many of the workshops he's done for West Gate Lodge have been workshops where he performs for students. *Thought is a Poetry* is a workshop.

So I thought the best way to accomplish both those objectives was to get out there, form some community partnerships, and do some workshops," he says.

While *Thought is a Poetry* is not focused on schools, most of the workshops have been in classrooms. It's rewarding to Bond exposing students to an art form some of them know nothing about.

"With every workshop I do, there's

usually a flip- once I perform a piece, they just haven't been exposed to that form of poetry," he says.

"If I come into a classroom and try to talk for 30 minutes about what poetry is, or what happens at a slam, I get a lot of dull expressions. Once I actually perform for them, they're a lot more willing to listen to me."

Those who got into it were doing so with intense passion. Bond saw

potential in the kids, and wanted to give them a space to perform.

Again, slam provided the structure he needed. The first ever Youth Slam, an event specifically for young poets, was set to take place in Ottawa in August of 2003.

Bond decided to set up a team, and started hosting youth slams to find some mad talent. He did, and they went to Ottawa with him as their coach. They represented the city

and, according to the young poets, had the time of their lives.

♦ ♦ ♦

Back at Village-Gateau, Khara Shah adjusts the mic stand to her height.

The 17-year-old Grade 10 student was part of the team that went to Ottawa. *Thought is a Poetry* is about being yourself, and not worrying about outside pressures. It's a topic with

which she's intimate.

Originally from Pakistan, Shah is Muslim, and wears a hijab.

"A lot of my poems are social justice-themed. It's something so personal to me. I've gone through stereotypes, and racism," she says sitting at one of the tables set up at the makeshift performance space.

She describes herself "as shy, but that doesn't come across in her performance."

I'd say out of all the poets I know or have listened to live, he's probably the one that has had the most influence on me. — Joel "Dash" Reimer



Joel Dash founded Write Our Loud to introduce the younger generation to spoken word and to create a source of revenue for other poets to make events in various settings.

"When you're talking to people, it's different each time if you're performing. It's just such a good way to talk about social issues and talk about different things that matter to you and get people to listen and maybe change their mind," Shish says.

She got a finalised example of this during one of the shows in Ottawa.

"I did a poem about the Irish, and after words a guy came to me and said I'd changed his mind about it. I really appreciated that. That wasn't a lie to say, because I did some-

thing," she says.

Although he wasn't on the stage, Reed was instrumental in the team's performance, helping them shape their poems and offering support where it was needed.

"He wasn't the kind of coach who was breathing down your neck. That was really good. He let us write our own things and bring our own work. But he was still firm with us. He made sure we performed every thing," Shish says.

Continued on Page 12



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The most simple way to put it is, it's going to teach kids how to speak eloquently and listen actively. No matter what you're going to do in life, those are really crucial skills — Bond



Jacob Bond (left) and Brent Crupent perform on stage at the 2012 World's Smartest Student in Spokane awards ceremony in Idaho.

On the night just "Darth" Remen, another member of the youth team, performed his first-ever poem. Bond was the feature act.

"I'd say out of all the poets I know or have listened to live, he's probably the one that has had the most influence on me. It's partially just the way he performs, but also just talking to him. He doesn't just do anything. He thinks about it, and has theories about why he does what he

does," says the second-year University of Washington student.

On top of having Bond as a coach, Remen has also worked alongside him, facilitating some of Willis' workshops. He understands the value that's provided to students, having been in high school himself when he first caught the spoken word bug.

"Poetry is a great way to get the kids not only to communicate what

they're feeling, but also to think through things. As a kid, you have so many random emotions you don't understand. Poetry is a way to help them sort through that and organize that and become better through it," Remen says.

It's not that poetry is the only way for a kid to express him or herself, but when it works, it really works.

It's the easiest way for me to be honest. Everybody has ideas to get

across, and for me, this is the easiest way to do it. For other people it's dancing or speaking," he says.

Bond says he has never had a teacher tell him a workshop won't pertain. WILL will continue to operate as long as it can find funding.

He knows not all the kids he works with in schools are going to become poets. Regardless, he's satisfied knowing he's exposing a new generation to the art form he loves.

Even if they never think of spoken word again, they'll have got something out of the workshop.

"The most simple way to put it is, it's going to teach kids how to speak eloquently and listen actively," he says.

"No matter what you're going to do in life, those are really crucial skills."

cbond@thebestofspokane.com
twitter.com/streetsouth

NEXT WEEK: How did you choose your child's daycare/babysitter? Email qc@leaderpost.com

For photos and more on a variety of topics, visit thestandard.com/800/2013

PARENT TO PARENT

Each week (hedge, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

What are your thoughts on "push presents"?



"The best gift I have ever received was my three healthy beautiful children." — *Don Kabadoff*

"I think it's a dumb idea to be honest."
— *Melissa MacIsaac*

"It's stupid. Fathers don't get conception presents."
— *Lisa Walker*

"Hate the name but I like the idea of the husband gift. Just stuff on the day baby is born that you can pass down to help when they are older."
— *Sarah Mogan*

"Isn't the best that you brought a child into the world precious enough? A push gift seems like. Why not just share their blessing and intend to help with expenses and do the best gift?" — *Krista Dackman*

"Yes, yes. I had just my husband previously that way. I am a cancer patient and it brings back memories of my first born because that was the perfume I wore back then. So when we had our second baby he bought me new perfume so I could relive all those baby memories with that scent. I thought it was very sweet of him, but I certainly did not expect any gifts for labor." — *Nicole Nicolson*

"It's just another way society is trying to label property financially." — *Audrey Wheeler*

"My children have been the most cherished blessing I have received. No push/present could top that!" — *Shelley Stahl Heuser*

"Sweet, and inspiring. Thank!" — *Amelia March*

"It's kinda silly. Why do people always need presents? Isn't the presence of your new born baby in your arms enough?" — *Shen Sampson* & *Wendy*

"Hate the name, and I don't think it should be expected but certainly it's with my husband for a year to give a welcome gift after such an event. It just shouldn't be a demand or expectation."
— *Martha Bero*

"I never received 'push presents.' In fact, I didn't even hear of them until a few weeks ago. Seems kind of silly. The best present of all is that my newborn bundle of joy." — *Carla Corbace*

"I am absolutely nothing wrong with a man wanting to get something for the woman who has his child (the words to I read about some people get a little carried away and have heard that some women expect know but I feel in this instance (like I do any other life event or occasion) a gift should not be expected or demanded but appreciated when received. My husband got me a flower arrangement when we had our first and nothing when we had our second and I was completely fine with that."
— *Shelly Lundberg*

"Newborn is a hard process being pregnant then giving birth. You get the greatest gift of having a baby. It's a little something on the side just to say how your partner was the best gift of you!"
— *Alissa Carmichael*

"I sure didn't get a push present, and can't say I've ever heard of them. I think it's a ridiculous that our society has become so accustomed to buying to give presents for what seems like everything! My spouse shouldn't need a special day or reason to give a gift, it's more meaningful if it's given just because, rather than because he feels compelled since everyone else is doing it." — *Michelle Goudin*

"I didn't know there was such a thing. (Believe in giving gifts for whatever reason someone wants to) Whoever said Christmas came but once a year is mistaken. It can be everyday if you feel the urge to give it." — *July 8*

Authentic Amish Cooking



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Chicken Burrito Casserole

3 C. Cooked Chicken,
chopped or shredded
2 cans of Chicken Soup
16 oz. Soft Cheese

1 C. Sour Sauce or 1 can
Sour Cream with
Green Chiles
Flour Tortilla Shells
1 bag Shredded Cheese



Mix chicken soup and sour cream together. Start with a thin layer of this mixture on the bottom of a greased 9 x 13 pan. Then layer with tortilla shells, then chicken, then sour sauce or sour cream. Add more sour cream with tortilla and bake at 350° for 1 hour. Uncover and add shredded cheese. Cover again, just long enough for cheese to melt. Serve with salsa and lettuce.

Dirt Pudding

3 C. Milk, scalded
1/4 C. Sugar
4 T. Flour
1/4 tsp. Salt
1 C. Milk
2 C. Vanilla

8 Egg Yokes
1/4 cup 8 oz. Cream Cheese
1/4 C. Powdered Sugar
1 can Real's Topping
2 lbs. Chocolate Sandwich
Cookies



Scald milk. Add next 4 ingredients and bring to a boil. Add softened cream cheese and stir until dissolved. Cool. Whisk. Pour in topping and add to pudding and powder to sugar. Cook cookies and save half of crumbs for top. Mix eggs last in pudding mixture and place in a 9 x 13 pan. Top with crumbs. Bakes 2-3 x 15 mins.

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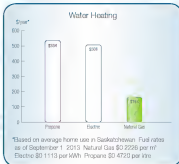
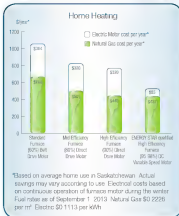
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CITY NEWS

U OF S SPACE DESIGN TEAM

A helping hand for future Mars pioneers

By Sean Trembath

A group of students at the University of Saskatchewan are trying to wrap their heads around the red planet.

The U of S Space Design Team is hard at work on their entry in the 2008 University Rover Challenge. The competition, which is run by the Mars Society, a nonprofit organization in Bethesda, Md., challenges students to design and build a rover that could be used by astronauts on the surface of Mars.

The U of S team is made up of students from the engineering, computer science, biology, medicine and business faculties. Building a rover requires all of their skills and gives them a chance to work together in a real-world situation.

"You get a lot of experience in something you actually want to do, and you get to actually apply it. You don't get that opportunity a lot in class. And you get to actually build stuff," says Justin Goren, the design team's president.

The competition involves a lot of challenges. First, the rover has to be able to traverse unpredictable terrain and inclines of up to 30 degrees.

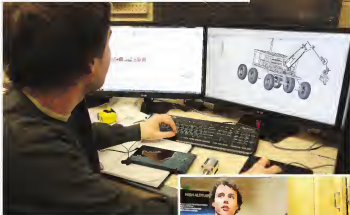
"What's the probability it's going to get stuck and just become absolutely useless?" Goren says.

Second, it has to be able to pick up and move things in order to assist the theoretical astronauts. For this task, the team had to design a robotic arm.

"From a mechanical perspective, that is one of the biggest challenges in that project, just because it has to be so useful in so many different ways."

The arm will also play into the third challenge, which ensures the rover's ability to perform maintenance on its own. This will be tested by having the rover put together pieces of PVC pipe.

Finally, it has to be able to gather soil samples from at least six centimeters underground and test them to determine whether life may could be



Kyle Gao works on the mechanics for the Space Design Team's Mars rover.

present within. This involves inserting the sample in a section and shining infrared light through it.

All of these functions need to be performed by remote control, with the rover out of sight range. This means positioning cameras such that they can see in every direction.

The team started work on the rover in September. Much of the early design stages focused on the software that will run the rover.

They used a 3D printer to make a scaled-down prototype of the rover to make sure the suspension system would work. With that tested, it's time to have it built.

The final unit will be about 4 by 1.5 metres and made mostly of aluminum in order to stay under the 36 kg

weight limit imposed on the competition. It should be built by the second week of March, Goren says.

The team was careful to get the building process underway, saving half to pull off a different design competition after falling behind schedule.

"The big lesson on that was that no matter how good your design is on paper, it's not going to win if you don't actually get it built."

The contest itself takes place May 20 to 21 in Utah. Between 10 and 15 members of the local team will head down to compete against 30 other teams from all over the world.

Whatever the result, the design and building process has been satisfying for Goren and the rest of the



Justin Goren shows the Mars rover prototype. Photo: PHOTOFEST/ALAN L. FINE

team.

Everyone on the team is like-minded in that most of us are really interested in space, and have a pas-

sion for space technology."

sean@ukhsa.com

sean@ukhsa.com

READ MY BOOK

◆ MARION MUTALA

The third Baba's Babushka adventure

It is only fitting that the third book in my trilogy should be a wedding book. Ukrainian have to have three-day weddings. My third book, *It's her's Babushka: A Magical Ukrainian Wedding*,



Marion Mutala

is here. Well it is the last one! Now that would be fitting. Wedding bells are ringing in the past. The word brings Notala's babushka just like the ones her lola used to wear, taking the

young girl on a magical journey to an autumn long ago to discover the wedding traditions of her Ukrainian heritage.

And love is definitely in the air. Even if you do not believe in Christmas or Easter, from my two previous books you could believe in marriage and love.

To recap, in my first historical fiction children's book *Baba's Babushka: A Magical Ukrainian Christmas*, Notala goes back in time to Ukraine at the turn of the 20th century and meets another little girl, who turns out to be her lola. Notala learns the processes and varied traditions of Ukrainian Christmas.

In book two, *Baba's Babushka: A Magical Ukrainian Easter*, Notala learns the Ukrainian Easter traditions. With book three, *Baba's Babushka: A Magical Ukrainian Wedding*, the trilogy is complete.

The number three is a very special number to Ukrainians people because of the Holy Trinity and all three books capture the love inherent in my Ukrainian culture and family traditions.

My grandparents, Teresa Wianakowski and Stefan Usatyk, emigrated to Canada in 1914, married and moved to Hafford, Sask. It was their story that inspired me to write those books. Portions of my family members are included in the storylines. My late mother, Sophie Malala, was used as the model for the picture of the bride in the story based on pictures of her wearing her babushka. My niece is used for the little girl, Notala.

So check them out and enjoy book No. 3, *It's her's Babushka: A Magical Ukrainian Wedding* or perhaps book No. 1, a national bestseller, a bestselling children's book at McNally (2014, 2013), and winner of Anna Polonsky award *Baba's Babushka: A Magical Ukrainian Easter* was also nominated for a Saskatchewan Award in 2013. These three books really are perfect Christmas, Easter or wedding presents or great additions to your library.

LOCAL AUTHORS:

Writers tell us what makes their book worth reading



All three are available at McNally Robinson in Saskatoon, Indigo, Coles, Amazon or, Your Notala's Worth Publishing or my website www.bababushka.ca.

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EVENTS

MUSIC

Wednesday, Feb. 26

Gorgeous Blue Dogz
Bulls on Broadway
517 Broadway Ave.

Thursday, Feb. 27

Go Go Goffs
Credit Union Centre,
3015 Thatcher Ave.

The Play Boys
Orleans Restaurant & Lounge,
1-227 Pinehouse Dr.

Charger
Bulls on Broadway,
517 Broadway Ave.

**Flat Black! feat w/ Charly Hustle,
The Gift, Dr. Jeel W. Podge**
Amigos Centre,
632 10th St. E.

Friday, Feb. 28

EFF Ball
Bulls on Broadway,
517 Broadway Ave.

Dawn Friday w/ Kim Seefeld
Vocal Jazz Series | Broadway
Unplugged w/ The Saskatoon
Summer Players
The Basement,
202 Fourth Ave. N.

DOT
Army and Navy Club
250 First Ave. N.

Beer Jammers
Toon Town Tavern,
3330 Fairchild Dr.

Conner Coughlin
McKays Johnson,
3130 Eighth St. E.

William a nd the Shadows
Fairfield Seniors' Centre,
123 Pleasant Cr.

Friends of Foes w/ Silent Sea
Amigos Centre,
632 10th St. E.

A pelo Goat
Vogels Tavern,
801 Broadway Ave.

Jolie Rose
Starr's Place,
106 100 8th St. E.

Saturday, March 1

JEFF Ball
Bulls on Broadway,
517 Broadway Ave.

Diana Series David Black's
Octagon Chamber
The Basement,
302 Fourth Ave. N.

DOT
Army and Navy Club,
309 First Ave. N.

Merv & Dyane
Natalie Legien,
3025 Louise St.

Demo Party
w/ Saskatoon Rhythmatheas
Downtown Lofton,
609 Spadina Cres. W.

Ian Martens
Marilyn Robinson,
3130 Eighth St. E.

Rob Rish w/ Foam Lake
and Gateway Yolk
Amigos Centre,
632 10th St. E.

Sunday, March 2

Merv & Dyane
Natalie Legien,
3025 Louise St.

The Punk A.D.
Amigos Centre,
632 10th St. E.

Monday, March 3

Talbot w/ MacKenzie Porter
Lobby Pub,
93 Campus Dr.

Tuesday, March 4

Noctis Series: Old Man Lundeka
w/ Jordis Lane
The Basement,
302 Fourth Ave. N.

ART

Mendel Art
Until March 30 at 600 Spadina Cres. E.
A contemporary drawings from the
National Gallery of Canada,
and Three Nelson: Walls of Transport
and Catalysts of Curiosity: The BBC
Artists by Artists exhibition is Time
Lapsed by Gwen Klype and her
mentor, Ann J. Jacobs. The Child
taken exhibition is in the gallery
auditorium until March 2. Figure
Drawing Best Canvas, a one-day adult
drawing studio, March 16. Register by
March 10, call 306-975-6457. Visit
www.mendel.ca.

Pinole Star Gallery
Until Feb. 26 at 1130 Eighth St. E.
Out of the Blue: What happens when
inspiration strikes? Works by gallery
artists on display.

Therese Company Gallery, Watson
Closing Feb. 26 at The Mall on Third
and Main in Watrous: The gallery is
permanently closing due to venue
rearranging.

SGFA Gallery
Until Feb. 28 at 253 Third Ave. S.
Wild at Heart by Melanie Minzky and
Shawnee Mulward.

Hans Gallery
Until Feb. 28 at 1818 Lorne Ave.
Acrylic Landscapes by Nick Ault.

St. Thomas More Gallery
Until Feb. 28 at 1621 College Dr.
Pressing Matters: New works by Ink
Sketch Innovations.

Green Art Collective House
Until Feb. 28 at 221 20th St. W.
New works by Cameron McKay. Visit
www.greenart.ca.

Gordon Shickerson Gallery
Until Feb. 28 at 800 W. Murray
Building, U of S: pen-pieces
Freudian slip, slip of the tongue -
MMA candidates at the University

of Saskatchewan use pen-pieces
as a starting point to explore
love, forgetting, fiction and truth.
Reception Feb. 26, 7 p.m. to 10 p.m.

Bugsy Gallery
Feb. 28 until April 15 at 260-265
Yard Ave. S.: New Directions by Lige
DeGruiter. Opening reception Feb.
26, 5 p.m. to 7 p.m.

A Fluffy Gallery
(Saskatchewan Craft Council)
Feb. 28 until April 15 at 603 Broadway
Ave. Wonderful Art: Works that were
featured in the first Saskatchewan
Wearable Art Sale on Oct. 26, 2013.
Reception April 12, 2 p.m. to 4 p.m.

Darbyridge Centre
Through February at 719 Gropper
Cres.: Northwest Art Group: A variety of
mediums and techniques including
photography, acrylic, watercolor, oil,
fabrics, digital and hot wax.

BamBam Gallery
Until March 1 at 405-425 2nd St. E.
Works by local artists Zephair Legien,
Clint Neufeld and Alison Norrie.

Vold Gallery
Until March 2 at 2-1006 Eighth St. E.
Alphabetical Avary by Thomas Bask.

The Gallery/ART Placement
Until March 6 at 228 Third Ave. S.
Louise Cook: As the Crow Flies: New
of paintings presenting well-known
nature shots around Saskatoon.

Centre East Galleries
Until March 9 at The Centre: Displays
by the Saskatoon Scale Modellers
in Royal Gallery, Arde Gallery,
Amber Gallery, Sierra Gallery and
Common Gallery; displays by the
University Graduate Congress and
Inglewood Public School Board
in Inglewood Gallery; display by the
Saskatoon Public School Boards in
Majors Gallery.

Sentiment Art Show
March 6, 2 p.m. to 5 p.m., at The
Local Coffee Bar, 187 Third Ave. S.
New works by local artists, with live
music.

Second Annual Street Meet Call for
Submissions

Submission deadline is March 15.
Saskatchewan-based artists are
invited to submit proposals for Street
Meet July 4 to March 15. The festival
runs July 4-5 Street Meet only
accepts digital submissions via email.
Contact Street Meet programming
committee at streetmeet@uconn.ca/
gmail.com. For information email
kellyh@streetmeet.com.

University Museum of Canada
Until March 16 at 910 Spadina Cres. E.
Tanya Shchepenko: The Muse and
the Voice: A multimedia exhibition
celebrating the 20th anniversary of
the folk-hero's birth.

The Gallery & Frances Maclean
Literary
Until March 27 at 211 23rd St. E.
Strawhat City/Literary History
Photographs from Local History's
collection.

Humboldt and Gladwin Museum and
Gallery
Until March 29 at 601 Main St.,
Humboldt: A Local Perspective exhibit
of watercolours by Bob Pitso.

Station Arts Centre, Southern
University
Until March 31 at 110 Railway Ave. N.
Southern Art/Inkings Congress: An
ever-expanding installation of pieces
of their fabric that each represent
a single living being, kept and
inspired by Martha Cole.

Handmade House Showcase
Until March 31 at 110 Broadway
Ave.: Meet the Winter Blues: A group
show featuring the variety of skills
members create.

Black Spruce Gallery
Open through the winter at Northside
Antiques on Highway 2: After Glow,
a group show.

Paved Arts
Until April 4 at 436 20th St. W.
Sound Like Audio Art Festival:
call for experimental sound art submissions.
The festival runs July 26-30
submit performance-oriented
audio art project audio/video clips
electronically to Paved Arts.

What you need to know to plan your week.

Send events to bridges@thestarphoenix.com

The Spring Collection

Until April 30 on the eighth floor of the Delta Scottsdale. Presented by Kahrz Time Art. Shows sculpture and modern contemporary art. Works by Richard Doyle, Richard Kirsch, Anthony, Tim Salak, William Pettit and Tim Hoffman.

Net Peat Pottery

Regular art classes and programs at 5-3110 Gish St. E. Visit www.netpottery.com or call 306-372-3210.

SPECIAL EVENTS

The Screen: Youth Media Festival

Until Feb. 26 at Broadway Theatre. Curator David Perry. Featuring films and videos about cyberbullying, global citizenship, social change and finding your passion. With artist talks with the filmmakers, an audience panel discussion, a panel on workshop spotlighting digital storytelling with smart phones and a video competition. For young people ages 12 to 18. Visit www.theyouthmediafest.com.

FALLS Lecture

Feb. 26, 12:30 p.m., at Quince Theatre in the U of S Education Building. Fine Arts Research Lecture Series in Music. With speaker Dr. Brenda Caldwell-Huber on "Bagpipe All-Cells: A Journey's Battle with Celtic Melioration."

Literature Matters

Feb. 26, 7:30 p.m., at Grace-Woodminster United Church. Talks by members of the Department of English, University of Saskatchewan. Professor Susan Girgis, "Bernett, Morley, Goodies: Voices of the Jerusalem People in 'The Green Gown of My Mother: Her Good Day'."

Cashless Singers Open the Season

Feb. 26, 7:30 p.m., at Zion Lutheran Church. Anyone interested in choral singing and is finding out more about the choir is welcome. Call 306-372-6906 or visit www.zionsingers.ca.

Yoga Fundraiser

Feb. 26, 7 a.m. www.yoga-falls.com. Feb. 27, 7 a.m. www.yoga-falls.com. Fitness on 25th St. 25th St. & a fundraiser.

for the YWCA Social Good Program. Bring your own mat. Admission by donation. All proceeds will be donated to Social Good which helps support women, children and their families. For information call 306-344-0864 ext. 147 or visit www.ywca25th.com.

Marking Your English Degree

Feb. 27, 3:30 p.m., in Arts 103 at the U of S. Hosted by English Undergraduate Society and Student Employment and Career Centre. Learn how the skills you are acquiring with your English degree can get you jobs, and how to present that skill set to prospective employers.

Salmon Confidential

Feb. 27 at Frances McRae Library. Presented by The Saskatchewan Eco Network. A documentary film about one biologist's struggle to overcome government and industry roadblocks in order to save BC's wild salmon.

Breast Cancer Rehabilitation Symposium

Feb. 27-28 at the Saskatoon Travelodge. Featuring Continuing Physical Therapy Education. A luncheon lecture that allows the public to hear about the latest information in breast cancer rehabilitation and have an opportunity to ask questions of the experts. With a luncheon lecture from Feb. 28 at 12 p.m.

David Boyd Lecture

Feb. 28, 2:30 p.m., at Room 1031 in the U of S Education Building. Master class.

Cheese and Beer Night

Feb. 28, 7 p.m. to 12:30 a.m., at Prairie Pan Brewery. Enjoy more than 20 beers paired with 16 Prairie Pan beers. With fondue, cheese and chocolate fondue, making demonstration, a talk on craft beers, and craft beers.

Jan Kinnear Poets

Feb. 28, 7:30 p.m., at Roy Theatre. The planet performs. Shows the life of Spring and Muscovy's Poets. At an Exhibition.

Sweet and Savoury Soiree

Feb. 28, 6 p.m., at the Victorian Centre, 212 Second St. E. An evening of food and entertainment. Featuring Paul Gillette on fiddle, singer Louie Parnis, spoken word poet Jack J. Shadish, and Graham Pittman and James Dewar on jazz/piano and clarinet. With buffet style hors d'oeuvres and desserts, a cash bar and an art auction. Call 306-663-3402 or 306-653-5692.

The Saskatoon Parent and Tot Expo

March 1, 10 a.m. to 4 p.m., at Prolektariat Park. Featuring local products, services and information for families, babies and beyond. Shopping, door prizes, interactive displays, informative presentations and a concession. A portion of the door admission is being donated to "Day of Play."

The Changing of the Seasons

March 2, 2:30 p.m., at the Desbrough Hotel. The Saskatoon Symphony Orchestra's "Paganini" Choice Series. With the Saskatoon Symphony Chamber Players. Featuring works by Beethoven, Liszt, Haydn, Mozart, Haydn and Tamer.

10th Annual Saskatoon Blues Festival

Runs to March 2 at various venues around Saskatoon. Featuring Canadian and international artists with Saskatoon Blues and the Howlers, Rob Daner & Nougat Davis, Tommy Castro and the Peaktimers, Studebaker Job and Prolektariat. Visit www.saskatoonbluesociety.ca.

Sunday Food Fun at the Farmers' Market

March 2, 9 a.m. to 1 p.m., at the Farmers' Market. A demonstration food program for kids ages nine to 12. With taste testing, cooking, games and crafts. Participation is required. Email el029@saskatoon.ca or call 306-663-3402.

Brent Galt

March 3, 8 p.m., at TCU Place. The Canadian stand-up comedian performs.

8th Annual Greek Delirium Lecture in History

March 4, 7 p.m., at Frances Morrison Library. Sponsored by the University of Saskatchewan History Graduate Student Committee. Dr. Erika Syll, "Facing Eugenics, Reproduction, Sterilization, and the Politics of Choice." Refreshments to follow.

30th Annual Greek Gourmet Feast

March 5, 6 p.m. champagne reception, 7 p.m. traditional Greek dinner, at Mosaic Restaurant. Hosted by the Royal University Hospital Foundation. With traditional Greek music and dancers, and a chance to win a trip to Italy for \$200. Funds also support BME Foundation's campaign for Royal University Hospital.

THEATRE

Disney Live Mickey's Rockin' Road Show

March 3, 12 p.m., 3 p.m., and 5 p.m., at Credit Union Centre. Mickey, Minnie, Donald and Goofy set out on a silent screen. Twists, turns, and familiar faces are met along the way.

SPORTS

Snow Drag Races

March 2-12, 9 a.m. Races at Mosaic Dunes. Drag races at Prolektariat Park. Western Canadian Championship Snow Drag Races. With pit, amateur, youth and junior races. Featuring a swap-meet and end of season sale.

Event listings are a free community service offered by Bridges. Listings will be added if space permits.

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#KAY & CLAY

Hip-hop duo is all about inclusion



Kay & Clay's record reviews (2/27) and live Anderson (2/28) and Newkirk (2/28) at the StarPhoenix. Photo by [unreadable]

By Ashley Martin

How long have Kay & Clay been making music?

It's one of the first questions of the duo's first ever media interview. By the way, "I was very excited to get the credit," says Dean Anderson.

The answer is about four years, though Anderson says the joke tracks don't count.

"Which ones are those?" replies bartender Aaron Newkirk.

Their songs tend toward a jokey, nerdy nostalgia. Their name was inspired by a novel about comic books.

It's the duo of them, the duo of

us. That's the point, the spot where we come from — a little nerdy, a lot of nostalgia, really D.I.Y.," says Anderson.

Both Anderson and Newkirk played in hardcore bands. Hip-hop is an echo of a stretch as you taught them.

"Honestly hip hop, rapping was the closest thing to singing in a hardcore band. The way you vocalize and the flow of the words, it just came naturally after that," says Anderson.

Snitcherwoman's hip-hop scene is growing, and Kay & Clay believe in helping the scene.

"There's a lot of really, really re-

solutely talented people making a lot of really awesome, awesome music and we just want to get it out there more," says Anderson. "We just want to help build the scene and be involved and work with people."

It's good to have a welcoming attitude. Friends rule is one motto. Helping friends rule.

Working with people, because there's strengths in numbers. Newkirk has had a group mentality since childhood.

I was never really about the solo superheros when I was a kid. I was always about the groups like the Nipps Turtles and the Bluebeaters

and the teens. No one really had the extreme super powers but as a team they work together and just dominate," he says.

"Super influence, that's what we want," says Anderson.

"We just want everybody to rap," adds Newkirk.

With changing technology, duo's getting easier.

"There's this D.I.Y. attitude now with hip hop. You don't need to break the bank. You can make really professional-sounding tracks on your basement," says Anderson.

Kay & Clay is always doing new things, making new tracks, posting them online, taking them down, re-

mixing. The duo's first EP is coming out this spring.

"Some of the best producers and people out there are 18-year-old kids with a laptop and a backpack," says Anderson.

Newkirk will sample "whatever catches my ear." He makes beats too, but prefers sampling for his sample reason.

"When somebody samples a song and does a good job of it they get to hear that song again and it's bringing it back and sharing new new music, new music old music."

In Regina, you can usually catch Kay & Clay at Pugs hip-hop jam night every second Thursday.

ASK ELLIE

Obsession inevitably feels unsatisfying

Q: I'm 18, in the summer I told a girl, who's 18, that I loved her. Now when ever I ask her if we could just hang out, she says "I don't know," or she's distant to me.

During the summer I wrote her
over 100 love poems.

I think she thinks I just like her for her looks. But really I want her heart.

I can't let her go. Just the thought of a tree going down her face breaks my heart. She has a big heart and I'd hate to see it broken.

I have her number but only called three times and just talked about my dog's things.

I talked to her face to face every day when we went to school together. Now she's graduated, but I'm still in high school, so I texted her every day last year.

But new things are different.
I'm a romantic guy and a gentleman. I'm also smart, athletic, plus artistic. I'm not perfect, but I'd try to be for her.

I just want help to be a part of her life and her to be a part of mine.

Headed In Georgia



A. You're losing yourself and your self-control, in those overwhelming emotions. Though romance can feel lively, obsession incredibly feels unsatisfied.

It's unhealthy for you and can become troublesome to her.

Unhealthy for you to dream and yearn? Yes, if you're distracted day and night, begging for attention, and hating from being put off.

WARNING: for her to be admired? Yes, if she feels she's being stalked, or annoyed too often. Her response has been clear by always being too busy to see you.

You have an embracing heart, but you can't force your feelings on someone.

The right person will see you as

Back off: And if your obsession persists, talk to a counselor through the school or your doctor.

Q: I'm completely head over heels in love with my ex-boyfriend. We've been in each other's lives for five years, and it feels as intense—or more—as it used to be.

It's been on and off and isn't a monogamous relationship. We always come back to this situation (the sex is amazing), usually followed by an exercise routine with friends.

We're both musicians as connected as we, way more than one level.

He recently said that we have a lot of "unfinished business" that brings us back to each other.

But as beautiful as the nostalgia
as I'm confused

If it's more than sex — if it's intimacy
I can't let go. What should I do — ad

treasure? Let it go? Let it grow?
I have nothing left

A. You're in "growth" mode with this guy. He's an occasional-only lover, when you both fall back together.

But there's no commitment, no talk of the future: just a grey area of some old, sex and socialism together. It's only intimate because it's familiar, an easy fall-back.

True intimacy is a bond that makes people want to be together more and more. It's *connection*, not *containment*.

Let it go. If it never grow this way, maybe a long, no-contact break will change things. Maybe not.

Q: My fiancée had an affair, and we went to counseling. She said it was from the stress of the wedding plans, my mother's criticism of her, and because I didn't respond as she hoped.

I was angry and hurt, but the therapist and her reasons were valid.

But my father won't tell me what

went on, she just says it's over, and we need to focus on our problems, not her affair. How could I get over giving her with someone else when all she does is blame my mother?

Agry Groom
A. The affair was a serious ex-

upon its problems. However, now is the time to focus on those problems, or she'd be wise to stall the problem.

You're hurt understandably. But where you go from here, isn't about your grade, it's about a mother who may destroy your relationship for years to come.

Your fiancé needs you to show the strength to speak up, and tell Mom to back off.

Don't insist on hearing details of how it happened until you're on track together again.

Even then, you don't need graphic information or imagined scenes. See and enjoy what's real between you two.

Of you split up over this alone, your mother will have accomplished what she set out to do.)

**TAKE SOME TIME
FOR YOU
AND GET THE
WHOLE STORY.**



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ON THE SCENE

CHEFS' GALA & SHOWCASE

There was a smorg of old Hollywood at the fifth annual Chefs Gala & Showcase, held at Pateford Park on Feb. 15. Hosted by the Staffordshire Chefs' Association, the event celebrated the city's finest food and culture. The gala was a fundraiser for the Salvation Army's Little Opera on the Phone (LOOP) Live! Five Independent Theatre and Retiree's Chamber Music Festival.

Patrons enjoyed live theatre, opera and chamber music performances throughout the night, along with champagne and hors d'oeuvres. Local artists, such as Philip Alexander, donated paintings for the live auction. The highlight of Chefs' Gala was the six-course gourmet meal. Each course was prepared by a different chef and made to showcase his or her particular passion in the kitchen while complementing the overall menu.

1. Judy Engdahl, Jane Engdahl, Kyle Konecka and Michelle Kuzuda

2. Terence Jordan and Lisa Hall

3. Heather Das and Sam Miller

4. Robin Rotheringham and Tamara Mendler

5. The brief casseroles and more gourmet courses, prepared by Staffordshire's executive chef Doug Hinford and his team

6. Members of the Staffordshire Chefs' Association celebrate after the final course of dinner was served

7. Jeff Engdahl is greeted on the red carpet by Live Five patron



BRIDGES PHOTOS BY MICHELLE BERG

#CHEFS' GALA & SHOWCASE



8. Kyrle-Ann Matarosh, Jody Nelson and Louise Gagnon
9. The Saskatoon Club's executive chef and Chef's Gala organizer Anthony McCarthy
10. Gail MacKay and his team at Agden made the classic, achoua terrine.
11. Morgan Maraj, Charlie Pizzini and Denosha Scherz
12. Hors d'oeuvres made by Glad with many arts program students.
13. Saskatoon Hotel executive chef Trevor Robertson accepts his Chef of the Year award



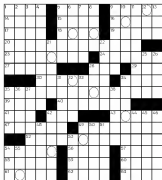
#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Acropolis
5 (Greek arts, A&E)
6 2000 Jennifer Aniston movie
14 Speed of light
15 Kiss on
16 Drop off
17 "South Park" boy
18 "Which Anaisota day tonight?"
19 "... jolly"
20 & 23 Guest in fairy tales
24 ... Quibby of children's lit.
27 Rock band named for an insect
28 De sines other mark
29 Beach sport
30 Kicked to the curb
34 Ending with two in one
35 Every suspended in this and from lower left to upper right
36 Much shorter code
40 Fiat takes
41 Movie genre that influenced this decade
42 Top point value of a Scrabble tile
48 Debutary masterpiece
49 Purposely biased

- 1 Culture already
2 Pump figure
3 French noun
4 Locking reason
5 Murderer's trip not at end
6 Car used (3)
7 Woodworker's supply
8 Some nuts
9 Actress's Shire and Saviors
10 Letter shorthand for
11 Bratish Jack boat
12 Unlaid of power
13 Bromeliad riders
21 Ache for



PUZZLE BY AMY BROOK

DOWN

- 1 Culture already
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4 Locking reason
5 Murderer's trip not at end
6 Car used (3)
7 Woodworker's supply
8 Some nuts
9 Actress's Shire and Saviors
10 Letter shorthand for
11 Bratish Jack boat
12 Unlaid of power
13 Bromeliad riders
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JANRIC CLASSIC SUDOKU

Level: MILD

All in the blank cells insert numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Easier (easier) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 27

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to badges@thestephoniemcay.com. One winner will be chosen each week.



Last week's contest winner is Aulenti Acharya, age 8. Thanks to everyone who submitted theirs!



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SHARP EATS

SASKATCHEWAN FOOD TRENDS

Juicing your way to health

By Jenn Sharp

Juicing has quickly become the newest health craze. Proponents wax poetic on Facebook and my inbox has been inundated with articles on juicing's benefits.

Juice bars serving up freshly squeezed, made-to-order concoctions are the norm in larger centres. In Saskatchewan, it's relatively hard to find. As juicing hits the mainstream, expect that to change.

Then there are the places that have cut back quietly and waited. Take Nature's Best Market & Vitamins in Regina. The Cathedral restaurant has been offering freshly squeezed juice and blended smoothies for years. Long before it was trendy to do so.

Along with the sweet berry and fruit smoothies (all of which have no added sugar), are fresh juices using ingredients like carrot, beet, celery, parsley, apple, spinach, orange, kale and garlic.

I tried the Green Dream — a vibrant combination of celery, kale, parsley, spinach, cucumber and green apple. At \$10, it's a pricey drink but that's because it's full of more green vegetables than most of us get in a week. It tasted great — like drinking a freshly mowed lawn with a hint of sweetness thrown in — but I think part of the taste is the feeling of doing something really good for your body.

Thrive Juice Co. started up in December in Saskatoon. Promoted as "Saskatoon's first raw and organic cold-pressed juice company," the juices are currently only available through pop-up shops at various locations in the city.

In most circumstances, you're meant to drink a fresh juice within 15 minutes of making it to reap the full nutritional benefits. Heat and oxidation are not used during



Thrive's juicing process. That means the cold-pressed juices all with stinky names like Sweet Easy and Know Your Roots, have a longer shelf life of up to four days.

A longtime smoothie lover, I gave "juicing" a whirl and love it. I feel weird using that word, though — the way nouns are turned into verbs once that action becomes popular (like gaming) is strange to me.

It's easy to get confused about smoothies vs. juices — as one better than the other? Nutritionists are divided but most agree there's a role for both in a healthy diet.

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook.

Left: Nature's Best Green Dream juice. Above: Know Your Roots and Sweet Easy from Thrive Juice Co. BRIDGES PHOTO BY MICHELLE BIRSE

Juice is generally used for an instant hit of energy as the body is able to absorb nutrients directly into the bloodstream once fiber from fruit and vegetables is removed. Smoothies are an easy way to get fiber into your diet and can serve as quick meal replacements. Both should be considered if you find eating vegetables a dull chore.

Nature's Best juice bar is located at 2224 14th Ave. in Regina. Check out Thrive Juice Co. at www.thrivejuiceco.com and look for a Thrive Juice food truck this spring in Saskatoon. info@thrivejuiceco.com
Twitter: @thrivejuiceco

SMOOTHIE AND JUICE BENEFITS

Whatever your choice, nutritionists recommend a three-to-one ratio of vegetables to fruit to keep the sugar content down. While juices generally shouldn't be used as meal replacements, substituting a juice for a daily snack can seriously change your health. And by adding ginger, it's an inflammation-fighting powerhouse.

SMOOTHIES

- Fiber pulls out toxins from body
- Fiber provides high-quality fiber like flavonoids and vegetables
- Protein powder can be added to make it a meal

- Easy to add filling, healthy fats like avocado
- Great way to get greens into diet, especially for picky kids — that masks flavor of vegetables

JUICES

- Indigestible fiber removed from plants
- Provide an instant shot of vitamins, minerals and enzymes to the blood stream
- Ready to be easily absorbed nutrients
- Instant energy
- Juiced kale provides antioxidants, natural body cleanser and blood oxygenation

WINE WORLD

#LA BASCULA HEIGHTS OF THE CHARGE

Sharp Spanish white pairs well with tapas, seafood

By James Romanow

Fish, shellfish, octopus and squid are a huge part of the Spanish diet, and our magazine was a close second. All of these foods are white wine foods and Spain makes some of the best in the world. They are also remarkably inexpensive. Because they are largely unknown in Western Canada, they are poorly distributed and patronized by us, keeping them off the shelves here. I was greatly pleased when the SLGA let us do La Bascula Heights of the Charge, its a wonderful and vibrant blend, both of which are bright, crisp white grapes.

The Bascula region is high about 800 meters, a fast focus in northeastern Spain, crossed with trout, everything from a bit of the Cordon de Bascula, in their nature. It was also a hotbed for everyone from the Moors — who brought the vintage vines to Spain — to Wellington and Napoleon. (Coincidentally, the Bascula was led by a general named Moore.)

The light means daily temperature ratings that can exceed 50 degrees. The soil is incredible and the resulting stress on the vines makes for a potent acidity and a compelling pairing with the region that is popular throughout the peninsula. It is a sharp, strong wine, with a true richness, backbone of maturity when bottled well.

Vinos (aka Members) is another crisp grape that most people know from drinking over



from the Catalan region. The pairing of the two makes for a wonderful, intense, fine sort of wine with an angular palate and an utterly irresistible finish that will linger long after your eager sips down your throat.

If you're a tapas or seafood lover, this is a wine you need to try.

La Bascula Heights of the Charge, Spain, \$11.99

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Crossword/Sudoku answers

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ATTY	TITIS	TIETD	NEON	TATE	BREW
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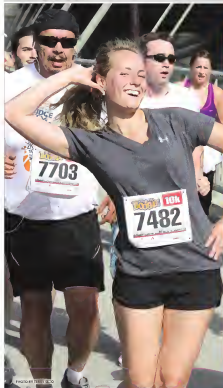
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7	1	5	4	8	9	2	6	3
2	3	9	5	7	6	8	1	4
6	8	4	1	2	3	5	7	9
9	5	7	8	1	4	3	2	6
3	2	1	9	6	7	4	8	5
4	6	8	3	5	2	1	9	7

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